

AWSS RESERVES THE RIGHT TO
MAKE SUBSTITUTES WITHOUT
NOTICE
MENUS WITH MORE THAN
2300 MG OF SODIUM FOR THE DAY
(CONDIMENTS NOT INCLUDED)
1% MILK OFFERED AT EACH MEAL



Age Well®

Orange County's partner in aging

Home Delivered Menu

CHRIS HERNANDEZ, RDN
CONTRIBUTION: \$9.00
AGE WELL IS A NONPROFIT
ORGANIZATION. YOUR CONTRIBUTIONS
ARE APPRECIATED AND YOUR SUPPORT
PROVIDES MEALS TO OUR COMMUNITY
*ALL HAM PRODUCTS ARE PROCESSED
FROM TURKEY **PORK = PORK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
OCTOBER	SWISS STEAK AND GRAVY MASHED POTATOES SUCCOTASH WHEAT BREAD/MARGARINE MIXED FRUIT CHICKEN CHIMICHURRI OVER BROWN RICE MIXED VEGETABLES & BROCCOLI WHEAT CRACKERS ORANGE JUICE1	TERIYAKI CHICKEN OVER BROWN RICE ORIENTAL BLEND VEGETABLES GREEN PEAS CINNAMON GRANOLA PEACHES PASTA SHELLS / MEAT SAUCE CORN ITALIAN GREEN BEANS GRAPE JUICE2	MEATLOAF & MUSHROOM GRAVY OVER EGG NOODLES CARROTS AND SPINACH ORANGE JUICE CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES CORN WHEAT ROLL/MARGARINE FRESH APPLE3	TURKEY ENCHILADA CASSEROLE SPANISH RICE AND BROCCOLI COLESLAW PINEAPPLE CHUNKS CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES FRESH BANANA4	
	CHICKEN PARMESAN SPAGHETTI BROCCOLI CARROT RAISIN SALAD FRESH APPLE CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLESAUCE7	SALISBURY STEAK & GRAVY MASHED POTATOES HARVARD BEETS WHEAT ROLL/MARGARINE PEARS BEEF BURGUNDY IN GRAVY OVER EGG NOODLES GREEN BEANS CARROTS ORANGE JUICE8	TURKEY ALA KING EGG NOODLES PEAS AND CARROTS MIXED FRUIT VANILLA PUDDING BBQ CHICKEN OVER BROWN RICE MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE FRESH APPLE9	ROAST BEEF & GRAVY HASH BROWN POTATOES SPINACH WHEAT ROLL/MARGARINE CINNAMON GRANOLA PEACHES SWEET & SOUR CHICKEN OVER BROWN RICE ORIENTAL BLEND VEG. & PEAS APPLE JUICE10	LEMON ROSEMARY CHICKEN OVER BROWN RICE CARROTS BRUSSELS SPROUTS PINEAPPLE CHUNKS SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS FRESH ORANGE11
	SPAGHETTI & MEATBALLS SPINACH CAULIFLOWER VANILLA GRANOLA GRAPE JUICE CHICKEN CHOW MEIN OVER BROWN RICE PEAS CORN MIXED FRUIT14	BARBEQUE CHICKEN OVER BROWN RICE SWEET POTATO GREEN BEANS WHEAT CRACKERS APPLESAUCE FISH WITH MEXICANA SAUCE OVER RICE CORN AND ZUCCHINI FRESH BANANA15	CHICKEN FRIED STEAK WITH COUNTRY GRAVY CORN AND BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS ORANGE JUICE BEEF STROGANOFF OVER EGG NOODLES CARROTS AND PEAS PINEAPPLE CHUNKS16	TURKEY ENCHILADA CASSEROLE CHUCKWAGON CORN BLACK BEANS PEARS MACARONI SHELLS WITH MEAT SAUCE ITALIAN BLEND VEGETABLES CORN APPLE JUICE17	SALISBURY STEAK & GRAVY BRUSSEL SPROUTS CARROTS WHEAT BREAD/MARGARINE CINNAMON GRANOLA PEACHES TERIYAKI CHICKEN OVER BROWN RICE CREAMED CORN AND BROCCOLI FRESH ORANGE18
	PORK RIBLET BROCCOLI BROWN RICE COLESLAW WHEAT BREAD/MARGARINE BLUEBERRIES CHICKEN CACCIATORE SPINACH MIXED VEGETABLES APPLESAUCE21	BEEF STEAK & ONION GRAVY MASHED POTATOES LIMA BEANS WHEAT ROLL//MARGARINE FRESH ORANGE SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES AND PEAS WHEAT BREAD/MARGARINE PEACHES22	CHICKEN PRIMAVERA OVER ROTINI PEAS & MUSHROOMS CARROTS WHEAT CRACKERS AND PEARS CHEESE OMELET SPINACH CINNAMON APPLES CARROT RAISIN SALAD ENGLISH MUFFIN/MARGARINE23	CHICKEN CORDON BLEU OVER BROWN RICE CALIFORNIA BLEND VEGETABLES FRENCH CUT GREEN BEANS FRESH APPLE SPAGHETTI & MEATBALLS CORN PEAS GRAPE JUICE24	MEATLOAF W/TOMATO SAUCE SWEET POTATOES COLLARD GREENS WHEAT ROLL/MARGARINE PINEAPPLE CHUNKS CHILI OVER BROWN RICE PEAS CORN AND CARROTS WHEAT CRACKERS FRESH BANANA25
	SLICED TURKEY AND GRAVY MASHED POTATOES BROCCOLI WHEAT ROLL/MARGARINE GRAHAM CRACKERS MIXED FRUIT CUP TERIYAKI MEATBALLS OVER BROWN RICE GREEN BEANS AND CARROTS FRESH APPLE28	SWISS STEAK AND GRAVY BRUSSELS SPROUTS CAPRI BLEND VEGETABLES WHEAT BREAD/MARGARINE FRESH BANANA CHICKEN FETTUCCINI PEAS CARROTS PEARS29	GLAZED TURKEY HAM IN PINEAPPLE GLAZE SAUCE SWEET POTATOES & LIMA BEANS WHEAT CRACKERS FRESH APPLE BARBECUE CHICKEN OVER BROWN RICE MASHED POTATOES & SPINACH WHEAT BREAD/MARGARINE PEACHES30	GRILLED CHICKEN & GRAVY OVER BROWN RICE POTATOES O'BRIEN CARROTS WHEAT ROLL/MARGARINE FRESH ORANGE ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS APPLE JUICE31	2024

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Depart. of Agriculture.
Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.

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CHRIS HERNANDEZ, RDN

FRIDAY

OCTOBER	WAFFLES SYRUP MARGARINE FRESH BANANA LOW FAT MILK	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK	CHEERIOS WHEAT BREAD/JELLY MARGARINE BLUEBERRIES LOW FAT MILK	SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK
	1	2	3	4
CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK	BRAN FLAKES WHEAT BREAD/MARGARINE JELLY BLUEBERRIES LOW FAT MILK	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK	OATMEAL ALMONDS AND RAISINS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK
7	8	9	10	11
SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK	OATMEAL ALMONDS AND RAISINS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK	FROSTED MINI-WHEATS WHEAT BREAD/MARGARINE JELLY FRESH APPLE LOW FAT MILK	CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK
14	15	16	17	18
OATMEAL WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK	BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK	BRAN FLAKES ORANGE JUICE LOW FAT MILK	CHEERIOS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK	WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK
21	22	23	24	25
OATMEAL ALMONDS AND RAISINS CINNAMON GRANOLA ORANGE JUICE LOW FAT MILK	BAGEL PEANUT BUTTER JELLY AND MARGARINE BRAN FLAKES ORANGE JUICE LOW FAT MILK	FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK	CHEERIOS VANILLA GRANOLA BLUEBERRIES YOGURT LOW FAT MILK	2024
28	29	30	31	

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